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LOVE IS THE ANSWER

by Laurie A. Monroe



What are we becoming? How are we being with our fellow travelers in this physical reality? It's clear that we are at a crossroads and the choices we make are vital to the future generations on this planet. How can we contribute individually and through group participation as humanity evolves?

I recently attended "Awakening a Global Vision: Collective Wisdom and Spiritual Activism," a conference sponsored by the Institute of Noetic Sciences (IONS) and the Association for Global New Thought. This stimulating conference expanded on the theme of humanity's movement toward a culture of wisdom and compassion, cooperation and collaboration, personal practice and accountability—a culture that will bring our inner world into alignment with our outer world. James O'Dea, the president of IONS, shared his insights on the significance of the gathering and invited us to explore what we can see "in the mirror of our

time." His profound message guided us to a realization of what it means to awaken to a much deeper level of awareness.

James said: "We know that our task is to speak our truths at a new level of vibrancy and clarity. And our questions must also reflect what it means to activate the depths of consciousness and spiritual awareness. What is real? What is sustainable? What is a global vision that incorporates a science of healing and expanded human capacities? We have come together in the belief that a new planetary civilization, sourced by our diverse and collective wisdom, is possible and to assume a new level of responsibility for its birth." Participants left with a knowing that together we can make a difference in the future of humanity and planet Earth. It is our choice to take a stand for a future that is just, sustainable, and

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SPACE SHUTTLE COLUMBIA RETRIEVAL

by Col. Douglas M. Black, USMC, retired



Colonel Douglas M. Black, USMC, retired, has worked in the commercial and defense information technology industries and has been a student of TMI methods for over a decade. He has attended four residential programs, including LIFE-LINE™. Doug is active in the

Dolphin Energy Club, which supports healing, and recently joined the Professional Division. In his memoir, *Finding My Way*, Colonel Black highlights his personal journey of spiritual discovery through his training in and application of the Hemi-Sync technology. He and his wife, Leslie, currently live in Salisbury, North Carolina, where he writes.

At 9:30 A.M. EST, on February 1, 2003, Leslie took a phone call

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MANIFESTATION AND CREATION SQUARED (MC²)

by Dawn A. Tobin



I have lived in Raleigh, North Carolina, for much of my life. My quest for a deep understanding of unseen worlds, intelligences, and forces interacting with and shaping all of life led me to find the winding path up Roberts Mountain Road nearly ten years ago for my first residential program, the GATEWAY VOYAGE™. The VOYAGE and each of three subsequent programs I've attended at TMI have provided some of the most magical memories of my life. Simply by recalling my first day in GATEWAY, I feel warm vibrations expanding from the core of my being and raising my spirit higher—"Finally, I am home." This awakening in my soul cemented my bond with TMI and my desire to maintain this crucial connection through their programs and the Dolphin Energy Club.

MC² was my fourth program at TMI. With twenty-one other participants and two facilitators who also participated in the group and tape exercises, we embarked on an adventure into the realm of psychokinesis (PK) and physical manifestation of internal desires. One of Bob Monroe's dearest dreams was to eliminate at least one source of human struggle. He envisioned that through development of our natural potential we might one day achieve the miracle of manifesting nourishing food at will, directly into the palm of our hand. That ability would end forever the needless suffering caused by lack of this most basic need. Bob crossed over in 1995 before realizing that vision, but others have carried on his dream. Joe Gallenberger, TMI Residential and OUTREACH Trainer, conceived the MC² program with Bob's vision in mind. Joe's unique talents, background, and experiences with manifestation guided him to develop and facilitate this program. Thanks to Joe's devotion, we're making progress!

When I say that part of my MC² experience involved tapping into psychic power to perform healings, control dice throwing, bend spoons, light up a light bulb, and germinate seeds spontaneously in the palm of my hand, you may have various reactions: astonishment, disbelief, awe, curiosity, doubt, or judgment. If I further explain that spoon bending and bulb lighting utilize transference of my body's electromagnetic energy to produce heat in the case of spoon bending and some form of electricity in the case of bulb lighting, your response would be modified: "I knew there was a trick involved. There's nothing psycho-anything about it." After doing these things I had some of the same reactions. My final attitude was a combination of awe, joy, and profound gladness and gratitude for the opportunity to share this awakening, living dream.

Spoon bending is a purely psychokinetic transfer of energy into the spoon. The phenomenon is well studied and documented. This was a great exercise for our group as we explored "PK power." Participants' ability to perform this task varied from complete frustration to near mastery. All but one or two were successful. After meditative preparation, we were instructed to gently rub the spoon while focusing on directing energy into it through the heart and arm. Having previously spent two years on one spoon without results, I had to work through that block. Some of my fellow participants had almost instant success. Spoons that curled with the least amount of physical effort (stroking or assisting) bent first and spurred us into higher energy states and more rapid successes. I still held my spoon, stroking and channeling the energy. Someone described how their spoon had become slippery or oily, just before turning very clay-like and bending and twisting with minimal assistance. Suddenly I felt that oiliness. Belief in my ability began to rise. Others shouted encouragement to me and to my fellow late bloomers, "You just do it!" "Oh!" I exclaimed. I had given no assistance. Now I gently, easily curled the spoon up! The results were quite impressive for a group of first-timers. Once we had evidence that true PK was factoring in, it was easy to light the circular fluorescent bulbs. A spectrum of PK ability was obvious in this task as well.

Controlling the roll of dice relied exclusively on PK. We learned to recognize the high state of joy, oneness, and certainty that produced the best results. And, while not necessary, frenetic energy in the surrounding environment was a plus. Spirited music, a sense of playfulness, and cheerleading encouragement all provided a boost. I have always felt favored to roll sixes, so I stated my intent to roll a twelve (double sixes) on each throw. Although I did not roll double sixes in my ten attempts, every roll contained a six. Joe computed the chances of rolling a six in each throw as 3¹⁰ or 59,049 to 1! Belief in my PK ability became a solid truth.

I found the PK experiment with seeds the most impressive and rewarding. We used wheat berry seeds that had to be soaked overnight in order to germinate. Some of the soaked seeds had already begun to show signs of sprouting. Each of us took a small pinch of seeds, held them in a closed hand, and all together focused on projecting love and light into them. Drawing energy from the earth and the heavens, I felt the seeds jump and pop inside my hand. After several minutes of projecting energy to our seeds, we placed them inside a paper towel in a plastic bowl and watered them with bottled water into which we had also projected nurturing, healing light, and love. After three days of caring for our seeds, we concluded the exercise. Several control groups of seeds from the same batch had been placed around the building and did not receive any

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LOVE IS THE ANSWER

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compassionate. The decision to do so rests with each individual.

I also had the honor of speaking at the Prophets Journey Conference in Sedona, Arizona. The conference advocated a "vision supportive of a paradigm of spiritual creation and consciousness, and a world that manifests the highest of spiritual and human values." Many wonderful presenters eloquently inspired us to "rethink and reshape our collective future." The theme, "Creating Solutions," developed through the weekend as we explored our own evolution through awakening to the spirit that resides within. Participants immersed themselves in a wealth of knowledge for making a creative difference in everyday life.

We are all standing at a Gateway to a higher level of knowing. If we are open to receive from higher levels of consciousness, the solutions we are seeking will present themselves. My father said, "Focused states of consciousness contain the solutions to human existence." Perhaps this is the key. If consciousness has field-like properties and exists as a unified, omnipresent field, then it contains all information: past, present, and future. Focusing on different areas of the field brings that information into the present and allows us to become cocreators. Exploring higher levels of consciousness always raises the vibration Here. It is a good idea to periodically ask yourself, what is going on in my life right *now* and what must I do to amp up the vibration?

On our travels along the path of transformation, we begin to understand that the journey to limitless possibilities starts and ends with each of us. Making a difference through our daily choices and actions depends on committing to take personal responsibility for our future. Our actions must arise from our deepest spiritual source in order to be fully and authentically expressed. Self-understanding paves the way to creating a world that works for everyone.

My personal high point at the Prophets Journey Conference was a conversation with Baba Ram Dass. I told him about contacting my father soon after his death in March 1995. That first encounter was warm and comforting; Daddy was just as I remembered him from my childhood. We continued to "see" each other over the years. At our last meeting about three months ago, Daddy had changed. Our connection was as close as ever, but he had expanded beyond the human personality I'd known. Ram Dass wasn't surprised. He explained that the bond with our loved ones is eternal and the love connection transcends time and space.

Love is a power and an energy rather than an emotion. Love is an energy of harmony, balance, wholeness, and oneness. It overflows with creative power. Love is our very essence—the most supportive and healing energy in the universe. Love pervades consciousness itself. It is the connection between everyone and everything around us in this physical reality and in endless other realities. Open your heart: love will guide you through the gateway of limitless possibilities to the many directions our future can take on planet Earth.

[For more information on IONS, the Association for Global New Thought, and the Prophets Conference, go to their Web sites at www.noetic.org, www.agnt.org, and www.greatmystery.org]

(MC²)

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positive energy. There was a fantastic difference between our "blessed" seeds and the nearly unchanged controls. Some gifted growers' sprouts were nearly leafing. The same range of PK abilities seen in the two previous exercises was present. PK seemed to favor those who were practiced in psychic skills, such as healers and meditators. The exercises effectively bridged the gap between understanding PK as a reality and knowing it, internally, through personal experience.

I have only touched the surface of my experiences in this completely fulfilling program. PK's effect on our concept of physical reality is more than entertaining reading. The most rewarding gifts I took home with me were memories of participating in unforgettable healing circles and making new connections with other explorers. Most precious of all was the time of knowing pure human spirit—adventurous, free of heavy layers, open, and compassionate.

MC² made me acutely aware that I was responding to something that had been pushing to the surface of my being for a long time. I felt it as a restlessness, a kind of red flag that subtly but persistently implied a need for reconnecting with inner sources. At some time in our history I believe we "civilized out" a part of ourselves that once maintained a dialogue with a greater knowing. We stopped using whatever it was that connected us with all of creation and now we seem to be outside the circle of life, aliens on our own planet. We have been so out of touch that we're now burdened with the task of trying to undo all the damage we've caused to our ecosystem. We live uncertain of the extent of that damage, hoping it's not too late or too bad. We seem so immature a

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SPACE SHUTTLE COLUMBIA RETRIEVAL

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from our son Jonathon. He said that space shuttle Columbia had been lost during reentry over Texas. I had not paid any attention to this flight or to the space program in general for several years, but I immediately felt a compelling sense of urgency to work the *LIFELINE* process. Immediately I went to my bedroom, closed all doors, set the fan on medium, put on my headphones (connected to nothing), lay down, and began my cooldown period. An overwhelming sense of grief made this particularly difficult. Tears seeped from the corners of my eyes and slipped gently down my cheeks into my beard. All loss of life hits hard. However, loss of military personnel involved in high-profile national and international missions is the hardest for me to minister to and usually evokes intense emotion. Cooldown took about ten minutes. I followed standard *LIFELINE* procedures and finished at 10:00 A.M.

During the session, I coordinated with my guide, Thomas, who indicated there was work to be done. After proceeding to Focus™ 15, I rolled back the time sequence to just before the shuttle breakup and joined the crew in the main cabin—standing just behind the pilot. The windscreen was filled with the yellow-orange flame of reentry friction and the entire vehicle was buffeted roughly.¹

I asked to “see” the issue that would cause the disaster and was instantly viewing gaseous fumes seeping out of an upright panel that appeared to be an equipment storage locker. I then asked, “What does this mean?” The answer came, “There has been a mistake made by a crew member; an experiment was not stowed properly and once the gas reaches a spark, it will explode.”² This is a known issue but is consid-

ered to be of little significance.”³ (As always, the speaker is unidentified. It’s my habit to go with the data and trust the process. I certainly know virtually nothing about space flight or the workings of a shuttle.)

At that moment there was a violent yaw to the left and then to the right. The yaw continued on into a complete roll to the right, and the shuttle came apart.⁴ The bulk of the flaming wreckage continued down and away from us at a terrific speed, leaving the crew suspended in midair with a panoramic, beautiful view of the earth. Then it was suddenly quiet, absolutely quiet. I sensed one or maybe two females and perhaps six or seven males floating in a sitting position.⁵ They appeared to be glassy-eyed and semidazed but remained in a tight formation.

I consciously approached the commander, a middle-aged man with an “R”-sounding name.⁶ He was very distraught. He obviously grasped the magnitude of what had just transpired and was frantically reproaching himself for making an “error.” I spoke up and told him that he could not have prevented it. A small error got out of hand at an unfortunate juncture in the reentry sequence.

“Who are you?” he demanded in a distracted manner.

“I’m Colonel Black, USMC.”

“I don’t have a Marine Corps colonel on my crew,” he replied with a pained and confused expression.

“You do now,” I replied. “I’m here to help you move on to your next location if you want the help.”

He gave me a penetrating stare, looked around at the others, and then turned back to me. “We’re dead, aren’t we?” he stated in resignation, but quietly, as though he didn’t want to disturb the rest of the crew, who floated nearby but took no notice of our conversation.

“Dead is a highly overrated assessment, but, yes, your shuttle is gone and your bodies with it,” I replied gently—keeping direct eye contact all the while.

“What is it you do?” he asked, as he struggled to comprehend the situation.

“I’m a volunteer who comes to events such as this and offers to provide some company as you travel to your next location.”

“Are you dead, too?” he managed to ask.

“No, I’m not,” I replied simply.

He eyed me quizzically. Two and two were not adding up to four, but he seemed too fatigued and distracted to try to sort it all out.

At that moment four “family members” approached our location from above; they reached out and made contact with one of the women and another of the crew. (I did not get a strong enough impression to tell if the other crew member was a male or a female.) They shortly began to pull away from the tight little group. As they rose up and away the commander jolted himself to action. “Hey, where are they going with my crew?” “It’s OK,” I reassured him. “They are probably deceased family members who are familiar to those crew members. It’s common for ‘dead’ people to be met by family members or dear friends. Because this was an unexpected event, it took them a while to get here. In many cases they are waiting at the bedside.”

A look of vague understanding crossed his face; some things were starting to make sense.

“I see,” he said pensively. “What about us?”

“That is where I come in, if you desire the help.”

“Well, sure, I guess so,” he replied.

“Fine,” I said, “then join hands and follow me.”

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OVERCOMING FEAR AND PAIN WITH THE *SURGICAL SUPPORT* SERIES

by Maureen Caudill



Maureen Caudill is a personal coach and founder of the Center for Human Enrichment in San Diego, California. Maureen provides Hemi-Sync®-based workshops and applications for groups and individuals with the goal of enriching each person's individual human experience.

My sixty-three-year-old friend Joyce dreaded the prospect of major surgery. In fall 2002, an orthopedic surgeon had told her that the cartilage in both knees had completely deteriorated. Every step was extremely painful. She had begun to stand and walk tilted forward by almost forty-five degrees and listing to one side, a posture that also caused major pain in her back and hips.

Still, she was reluctant to go under the knife for the two total knee replacements that she needed. Joyce had been badly frightened as a child by hallucinogenic effects from anesthesia, which also made her nauseous and caused hours of vomiting in the recovery room. So, she stalled, but by late fall 2002, she admitted defeat. The first knee surgery was scheduled for late December or early January.

I had a huge personal awakening at the GATEWAY VOYAGE™ in August 2002. The experience was so powerful, I signed up for the REMOTE VIEWING PRACTICUM in December 2002. As a result of my experiences with Hemi-Sync, I became convinced that the *SURGICAL SUPPORT SERIES* tapes could help Joyce with her concerns about surgery and bought the tapes for her at the December program.

When I got home, I found that Joyce had suffered a full-blown heart attack. While I was learning to remote view, she had been having an angioplasty. Her cardiologist put knee surgery on hold until she'd fully recovered. Nevertheless, I gave her the *SURGICAL SUPPORT* tapes, a portable tape recorder, and headphones for Christmas with the hope she'd use them to recover from the angioplasty. I told her about the double-blind studies that verified their efficacy. I gave her a packet of TMI articles and papers that explained how they had helped others and a second packet for her orthopedic surgeon. Unfortunately, Joyce was a true skeptic. She somehow never got around to using the tapes. Nor did she ever give the information to her doctor.

Joyce was now teetering around with a cane. Simply stepping up or down at a curb was scary. She never knew when her knee would freeze or give out completely.

I repeatedly urged her to try *Energy Walk* and *Pain Control*. She repeatedly "forgot" to do so.

In April, her cardiologist agreed she could think about rescheduling the knee replacement. Then she was diagnosed with type 2 diabetes; her blood sugar levels were well over 300! Joyce stuck to her diet and normalized her blood sugar in less than two months. At that point, a fistula in her colon required immediate outpatient attention. The knee replacement was postponed again. She again "forgot" to use the tapes for the fistula procedure, and I learned she'd had a disastrous experiment with a Ouija board years earlier. It was reinforcing her fear of the anesthesia-triggered hallucinations. Joyce was convinced that any foray into altered states was fraught with danger.

By midsummer of 2003, she could no longer walk any distance, even with her cane. To live any semblance of a normal life, she had to regain some mobility. So she submitted to the stress tests, fought the insurance company for final approval, and surgery was scheduled for August 19, 2003.

Meanwhile, I had attended GUIDELINES™ and the Trainer Development and Assessment Program (TDAP) to begin the process of becoming an OUTREACH Trainer. I returned the Friday before Joyce's surgery determined to convince her to actually use those tapes gathering dust on her shelf.

Then she developed a nasty cough and could not undergo anesthesia. At her preoperation check-in appointment, surgery was rescheduled for September 2. She had two weeks to get rid of that cough. Disaster struck a few days later. Hobbled over an unobstructed, smooth floor in her condo, Joyce felt both knees literally "snap." Suddenly, she became a virtual prisoner in her own home. The only way she could go out was in the wheelchair. The knee replacement was an absolute necessity, despite her fears. She turned her determination to forcing that cough to go away—and it did.

She was still badly frightened of the operation. The *SURGICAL SUPPORT* tapes could calm some of those fears, I knew, but she'd refused to use them for eight months. I had to do something, so I asked her to be my "guinea pig" over Labor Day weekend and let me practice my TDAP OUTREACH training by being my "workshop attendee." She agreed. On that Saturday and Sunday, I used what I'd learned at TDAP to take her through a specially constructed workshop. Comfortably settled in her own bed, she learned how to go into Focus™ 10 and Focus 12. I carefully explained the protection afforded by the preparatory process. She learned she could control entering and leaving those states—and that they were subject to her decisions, no one else's. And she *loved* the experience. Suddenly she "got" why I'd been spending my vacation time at TMI programs.

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Throughout the day before surgery, Joyce used the *Pre-Op*, *Energy Walk*, and *Pain Control* tapes repeatedly. Ridiculously early on Tuesday morning, I took her to the hospital. Total knee replacement is major surgery. Her surgeon said that she could expect to be in the hospital for four or five days after surgery if all went well. Then she'd be transferred to rehabilitation for one to two weeks. About three weeks after surgery she would be ready to go home. They were going to replace her right knee first. If she healed quickly, perhaps the left knee could be done in three months instead of six. Maybe.

Joyce awoke from the anesthesia alert and chipper—and with absolutely no nausea. That was the first indication that things might go differently. She was having comfortable conversations with the recovery room nurses less than an hour after leaving the operating room. And the first two things she asked for after the numbness wore off were a morphine drip and her *SURGICAL SUPPORT* tapes!

She listened to the tapes whenever time permitted. Only forty-eight hours after surgery, her doctor proclaimed her ready to go to the rehabilitation wing. By one week after surgery, on September 9, a formal assessment panel of her rehabilitation therapists concluded that, based solely on mobility, she was ready to go home that very day—an astounding level of progress. Some inflammation in the knee joint, however, meant she had to stay until the last dose of intravenous antibiotics on Friday morning.

She spent that Tuesday afternoon outside in the hospital patio, helping volunteers tend the flowers. The nurses and therapists were amazed. Joyce herself started to tell everyone who would listen about the *SURGICAL SUPPORT* tapes and how they were helping her. She occasion-

ally complained that the constant flow of activities and visitors in rehab interfered with using the tapes.

One of those interruptions was especially enlightening. Joyce suffers from hypertension, and during her hospital and rehab stay, her blood pressure typically measured around 165/85 or 170/90. But on one occasion, the nurse came in to take her blood pressure while she was in the middle of a tape. Joyce turned it off while her blood pressure was taken then resumed the exercise. Her blood pressure on that occasion measured 122/49—a forty-point drop each in the diastolic and systolic readings!

The hospital's healing-hands practitioner also stopped by Joyce's room in the middle of a tape. As she later explained to Joyce, the nurse looked at her face and decided that anything that brought such incredible peace and serenity should not be interrupted. The nurse left quietly and returned later.

Joyce went home exactly ten days after surgery—about half the time she expected to be hospitalized. In the ten days or so since she's been home, Joyce has continued to improve rapidly. At the time of discharge, she could bend her knee to an angle of sixty-seven degrees. Six days later she had ninety degrees of flexion. At her first follow-up visit with her surgeon, both the office nurses and the doctor were surprised and delighted at her ease in walking and general progress. There is still some pain and swelling, but it's clear she's making an astounding recovery.

Joyce remains a devoted advocate of the *SURGICAL SUPPORT* tapes and their efficacy in easing the trauma of surgery. In her case, the impact has been dramatic: no nausea from the anesthesia, extremely rapid healing, and measurable, verifiable drops in blood pressure.

MEMBER CDs

Journeys Out of the Body
Hemi-Sync® Support Series

This series is a companion set of exercises to complement Bob Monroe's book *Journeys Out of the Body*. It marries the techniques for achieving out-of-body experiences that he described in his writings with the Hemi-Sync® technologies he subsequently developed.

Introduction by Robert A. Monroe

This CD is a digitally remastered and newly edited monologue in which Bob discusses the out-of-body experience. The original recording was made in 1988, apparently in the cabin, since crickets and chair squeaks are audible in the background if you listen carefully.

Relaxation Primer

This exercise begins by establishing intent with the *GATEWAY Affirmation* then introduces basic relaxation techniques, independent of Focus™ levels or specific tools. The latest audio-support tracks are mixed with Bob's digitally remastered voice. There are four additional exercises in this series. *Hemi-Sync® Support for Condition A* teaches the ability to hold calmly in the borderland state indefinitely with your mind on an exclusive thought. *Hemi-Sync® Support for Condition B* addresses the ability to lie indefinitely, with no nervousness and seeing nothing but blackness, after your mental impressions have faded away. *Hemi-Sync® Support for Condition C* is characterized by the shutting down of various sensory-system inputs. Finally, *Hemi-Sync® Support for Condition D* trains you to achieve "C" while fully rested and refreshed rather than when tired and sleepy.

[The entire series is scheduled for release in the fall of 2004, and individual titles are subject to change.]

SPACE SHUTTLE COLUMBIA RETRIEVAL

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"Wait," he said, in a sudden burst of linear thought. "What about our families? We'll want to see them."

"Don't worry," I reassured him, "you can visit them whenever you like."

"How?" he demanded.

"By simply thinking of them," I replied. "Think of them and you'll be with them."

He relaxed, satisfied for the moment, as we all joined hands and turned our gaze upward. Then I noticed three bright yellow, teardrop-shaped figures approaching from below. Although traveling independently, they were definitely converging on our location. While studying this unusual event I heard the commander say, "Those more of your folks?"

"Why do you say that?" I asked.

"They have on the same yellow space suit or covering," was his matter-of-fact reply. (This "yellow covering" was mentioned to me while dealing with the Russian submarine Kursk disaster. This may be how others perceive our Resonant Energy Balloons (REBALS). Also, the others felt like TMI folks.)

"Yes," I said, "those are some of my associates from Monroe, here to assist, too."

With the astronauts linked hand-in-hand and the newly arrived Monroe helpers on either side and in the rear, we got under way. Thomas suggested the central tunnel entrance to Focus 27. "We are ready," he confirmed in a somber but confident tone. We moved rapidly and without incident up through all the Focus levels. They flew by at breakneck speed, and we soon emerged into the bright sunlight and brilliantly blue sky of Focus 27.

As we slowed and settled on the

cloudy surface, several figures started toward us. I released my grip on the pilot's hand and receded to the background, standing to the right of Thomas. We watched quietly. The Columbia's crew haltingly walked toward the approaching group of perhaps three dozen people.

Suddenly I recognized Alan Shepard in the silver space suit he wore for his first suborbital flight. Shepard stepped up with a big smile and gave the commander a hearty hand-shake and a reassuring pat on the back. His eyes were locked intently on the new arrival, almost as if he was "grounding" him. Also, Shepard looked about forty years old, in his prime. "Well done and welcome," he said in a firm voice.

Others from Shepard's group stepped forward, each warmly greeting one of the newcomers. It soon looked like two fighter squadrons meeting at the officer's club for a drink after a day of hard training. Some of the group wore the space suits of Russian cosmonauts. Talk became more and more animated and cries of recognition were heard as the newcomers became more aware and accustomed to their new environment.

Thomas and I watched with great fascination from the sidelines. "This is real nice," I managed, as waves of emotion rolled over me. To avoid loss of control I tried to focus on useful data collection. "What are the qualifications for the welcoming committee?" Thomas replied, "Volunteers, like most everywhere else, but they must have played a significant role in the space program in Time and Space. It's a real plus if they gave their life for the cause."

"I'm overwhelmed by the pure humanity of it. It's real nice," I repeated, as my voice failed me and tears streamed from my physical eyes. My thoughts turned to the countries that had lost astronauts in this accident. I sent waves of comforting love to the families and then

to the nations of those brave souls. "These risky multinational endeavors dared on the part of all people have a real value in binding one nation to another," said Thomas. I'm certain he was trying to help me see the bigger picture.

References

1. *Washington Post*, August 24, 2003, "Columbia's 'Smoking Gun' Was Obscured," by Kathy Sawyer, p. A15. **Reentry Begins:** "McCool: 'It's going pretty good, now, Ilan. It's really neat, just a bright orange yellow out over the nose, all around the nose.'"

2. *Ibid.*, p. A14. **A Damaged Wing:** "Investigators believe that during reentry, super-hot gases, called plasma, poured through the hole in the ... leading edge [of the shuttle's left wing], eventually burning their way into the wheel well and breaking up the wing."

3. a. *Washington Post*, July 13, 2003, "Mistakes of NASA Toted Up," by R. Jeffrey Smith, p. A17. **Longstanding Problems:** Shuttles had been struck seven times by foam debris from the liquid propellant tank. "Five of these incidents had involved the Columbia." Foam appeared on lists of critical safety risks for every flight, but NASA minimized the danger.

b. *Washington Post*, August 24, 2003, "Columbia's 'Smoking Gun' Was Obscured," by Kathy Sawyer, p. A14. **No "Safety of Flight" Issue:** The mission management team met five days into the flight. After discussion of possible damage due to the foam strike, Linda Ham, head of the team, concluded, "And really, I don't think there is much we can do, so you know it's not really a factor during the flight." Engineers' concerns were brushed aside.

4. *Ibid.*, p. A15. **The Final Minutes:** "8:59:26 A.M. EDT, Flight control system fires all four right yaw jets to compensate for the tremendous force acting to the left."

5. *New York Times*, February 2, 2003, "The Columbia Space Shuttle's Crew of 7; 6 Americans and 1 Israeli," by Alan Feuer, p. 22. There were seven astronauts.

6. *Ibid.*, p. 22, Columbia's commander, Colonel Rick D. Husband, USAF, was forty-five years old.

7. *Washington Post*, August 24, 2003, "Columbia's 'Smoking Gun' Was Obscured," by Kathy Sawyer, p. A15. **I Am Not Believing This:** "Husband or McCool apparently bumped the joystick." There was no evidence of an attempt to override the onboard computer, and the incident had no bearing on the subsequent disaster.

THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others (except for Noetic Sciences) will be held at The Nancy Penn Center. Contact Karen Viar at (434) 361-1252 or TMIprograms@aol.com to register for programs listed below. Please note that the GATEWAY VOYAGE™ is a prerequisite for all other programs. To register for the 2004 Professional Seminar, contact Shirley Bliley or Ann Vaughan at (434) 361-9132 or dec1pd@aol.com

2004

GATEWAY VOYAGE

January 17-23
February 21-27
March 20-26
April 3-9
April 24-30
May 1-7
May 15-21
June 5-11
July 10-16
July 24-30
August 7-13
August 28-September 3
September 18-24
October 2-8
October 16-22
November 6-12
December 4-10

NOETIC SCIENCES GATEWAY VOYAGE—CA

May 8-14
August 14-20
November 13-19

GUIDELINES™

January 24-30
April 17-23 (RMR)
June 5-11 (RMR)
August 14-20 (RMR)
November 13-19 (RMR)

HEARTLINE

April 3-9 (RMR)
July 10-16 (RMR)
November 6-12 (RMR)

LIFELINE™

January 31-February 6
May 1-7 (RMR)
July 24-30 (RMR)
October 9-15 (RMR)

EXPLORATION 27™

(For LIFELINE Graduates)
February 7-13
May 8-14 (RMR)
July 31-August 6 (RMR)
October 16-22 (RMR)

EXPLORATION ESSENCE

February 28-March 5

MC²

March 20-26 (RMR)
June 19-25 (RMR)
October 2-8 (RMR)

REMOTE VIEWING PRACTICUM

June 12-18
November 13-19

STARLINES

(For EXPLORATION 27 Graduates)
March 13-19
June 19-25
October 23-29

TIMELINE

March 27-April 2
September 25-October 1

PROFESSIONAL SEMINAR

(For Professional Members only)
March 6-10

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



Appearances

F. Holmes "Skip" Atwater, TMI research director, spoke on "Hemi-Sync and Remote Viewing Training" at the twenty-second annual meeting of the Society for Scientific Exploration, held in Kalispell, Montana, on June 12-14, 2003. Skip described his role in the secret U.S. government remote-viewing surveillance program during the cold-war era and the use of Hemi-Sync training to enhance remote viewers' skills. He also shared details of TMI's *Remote Viewing Practicum*, which draws on knowledge gained from those years.

On October 30-November 2, 2003, Skip Atwater participated in The Second Annual Schwartzreport Conference on Issues in Consciousness, "Remote Viewing through Time and Space." Skip's presentation focused on his activities as initiator of STARGATE, the U.S. Army's remote viewing intelligence program.

From November 2002 through April 2003, Brian Dailey, MD, Professional Member and OUT-REACH Trainer, gave a number of lectures to groups in locations from Rochester and Clifton Springs to Buffalo, New York. His topics ranged from energetic medicine and Hemi-Sync in hospice through

energetic medicine, Hemi-Sync, and crystals in healing, to energetic medicine and Hemi-Sync as adjuncts to cancer therapy. META-

MUSIC and the GOING HOME concept were of interest to hospice volunteers. On August 2, 2003, Dr. Dailey did two lecture/workshops on "Energetic Medicine:

Working Together to Improve the Quality of Life" at the Verde Valley Medical Center in Sedona, Arizona. He is currently preparing a research proposal to evaluate *Chemotherapy Companion's* impact on the side effects of chemotherapy.

On October 11, 2003, Frank DeMarco, TMI Professional Member and chairman of Hampton Roads Publishing Company, spoke at the Fifteenth Universal Light Expo in Columbus, Ohio. His topic was "Up Shifting: A Better Way to Live." Frank drew on Monroe principles for his talk and for a workshop in which he taught body and energy-body awareness.

Richard Staudt, MOT, OTR/L, LMT, and Judy McKee, COTA/L, of South Mountain Restoration Center, Waynesboro, Pennsylvania, have continued to promote Hemi-Sync as an adjunct to long-term care since their appearance at the 2002 Professional Seminar. An experiential occupational therapy open house for South Mountain staff members in May of this year was well received. The staff was especially intrigued by the department's "multi-sensory" room, which incorporates Hemi-Sync and has been a big hit with challenging

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REMOTE VIEWING REVELATIONS

by Brian Snellgrove

Brian Snellgrove, from London, England, has authored two books on the aura and the chakras. He works as a counselor and healer and does his own version of remote viewing for commercial ventures. He attended the June 2003 REMOTE VIEWING PRACTICUM, back-to-back with the GATEWAY VOYAGE™, on the recommendation of a friend whom he had "happened" to meet in Cyprus only two weeks earlier. The registrar warned him that the only space available was downstairs "below the kitchen where you can hear people's feet." Undaunted, Brian came anyway and wrote this account of his visit.

I arrived a couple of days early to acclimatize and to visit downtown Charlottesville and take a drive along the Blue Ridge Parkway with its ever-changing weather, pristine beauty, and serenity. I checked in my car at the airport and sat down to wait for my ride. Before long, there were eight of us, and we were driven in a comfortable van to The Monroe Institute for the GATEWAY VOYAGE. About twenty people arrived within the space of four hours, and no time was lost in making introductions and figuring out who was who.

When the REMOTE VIEWING PRACTICUM started, any doubts that the subject matter would fill the allotted time soon disappeared. I saw that we were going to have difficulty covering all the subject categories, never mind going into them in depth. It also rapidly became clear that we were here to learn the ground rules—not to become remote viewers. We were informed that it took one of the world's outstanding remote viewers, Joseph McMoneagle, three years to achieve a 50 percent success rate. Joe revealed an unexpected side when he said that the ego must be controlled via meditation. He told us he does three Zen meditations per day plus three remote viewings per day, "even though I do not need to."

Among many interesting topics of discussion were the difference between remote viewing (RV) and out-of-body experiences (OBEs), the importance of breathing and relaxation, and how intention controls perception. Hemi-Sync tapes were used throughout the week to educe the correct mind-set—shifting awareness from the left to the right brain. We learned that two million people have listened to the Monroe tapes, and I was amused to see a sticker on the flip-chart board that read, "Think cosmically; act personally."

We heard how the term "remote viewing" had been developed and the five disciplines needed to satisfy the RV protocol. Three people are required: the viewer, the monitor, and a judge who does not participate in the RV experiment and does not meet the other parties prior to

judging. We participated in exercises that taught us to tease out the facts of the matter and to distinguish remote-viewed images from the left-brain constructions our minds create to "fill in the conceptual gaps." We also learned to give ourselves permission to obtain information in a random and untidy fashion. Intuition does not work to order!

On Wednesday, we engaged in our major double-blind study for the week. We divided into groups of three and went off to various private corners to take turns being the viewer, monitor, and judge. Although a 9:00 A.M. to 10:30 P.M. day sounds long, it is difficult to see how the requisite quantity of information could have been conveyed in any shorter time. The last evening was spent watching a videotape of Joe McMoneagle's remote viewing exploits in Japan, where his success has made him a national star. No wonder James Randi—a magician who specializes in debunking paranormal abilities—avoids him!

In conclusion, here are some of the comments made by participants:

"An enlightening experience, wonderful gift, good teachers. I received much more than I expected. I feel relaxed and on track." —Brenda from Brooklyn, New York

"It is fascinating how I can get on the background of my eyes the indications of an object independent of its location in the universe and in time that I have chosen through my mind." —René from Switzerland

"To use remote viewing for the first time was so easy that it was scary. Then I discovered how much more complex and nontrivial it is, and how many subtle control dials should be properly aligned. What I really liked is that I did not have to drop everything I was doing before just to learn it. I could just take many elements I was taught by Skip, select ones that work for me the best, and then integrate them with my own methods. I will continue working and improving remote viewing for the rest of my life. I will use it for problem resolution, to plan and implement changes, and to get better control of my life events." —Edwin from New Jersey

"I have attended six other TMI classes over the past seven years, and the remote viewing class taught by Skip Atwater and Carol Sabick was one of the best classes I have attended. The discussions regarding our concept of time and space were fantastic, and the various remote viewing sessions we did were amazing. Strongly recommend this course for those of you who are ready to take it to the next level. Buckle your seatbelts and get ready for one heck of a ride." —Martin from New Mexico

[Skip is coming to London to give a day-long RV Workshop on March 20, 2004. It's about time England heard more about what is going on. Call (44) (20) 8670 4344 or e-mail remoteview@pobox.com]



LETTERS

Robert Turvene worked for the federal government for thirty-two years, most of the time in Washington, D.C., and also in posts that took him to San Francisco, Europe, and Asia. To survive the bureaucratic world, he maintained a parallel life that included Esalen Institute retreats, Zen and Vipassana meditation, Taoist training, and participation in TMI residential programs. Robert attended EXPLO- RATION ESSENCE in May 2003 and wrote this letter to Laurie Monroe.

Dear Laurie,

The last time I wrote to you it was to complain about a program and to explain why I left it halfway through. This time I write to compliment you on TMI's exploration into spirituality. I feel exceedingly fortunate to have been in EXPLO- RATION ESSENCE led by Peter Russell and Karen Malik and would in all likelihood take the course again if it were to be offered next year.

Although I learned much from Pete's brilliant lectures and Karen's sensitive and guiding talks, it was my experiences that were so important to me. They were transformational. To say what happened for me in one of the midway debriefings after an exercise, I used an analogy from chemistry. I arrived, I said, as a supersaturated solution, a particle was dropped in, and all crystallized for me. Everything was (is) all right with the world; all was (is) all right with me. As I said in the closing circle, I felt reborn, and at seventy-five years of age that is a good state of being. Enrolling in EXPLO- RATION ESSENCE has given me a quantum leap in my spiritual and psychological growth.

Now that I am back at home, the transformation has abided, and I sense that it will be permanent. It was a major event for me, and TMI made it possible by being open to new explorations. Others will bene-

fit from my experiences at TMI when I begin to teach a meditation class in the adult education program here at the College of William and Mary.



A NEW CHAPTER OPENS

A chapter is at its end,
Emotions are on the mend.
Whatever happened in the past
No disparaging remarks are cast.

Through our spoken word
We only needed to be heard.
For understanding and compassion
we yearned

"Let go of being right" is the lesson
learned.
With this lesson comes a healing
Known only through our innermost
feelings.

We are all divine beings,
With different ways of seeing.
By putting egos behind,
It's our soul we truly find,
And on the level of soul
Nothing takes a toll.

With the clearing of the past,
The flame and passion always last.
To stand for what we know is true
And BE what we say we do.
Open to limitless possibilities of now
The divine within will show us how.

Laurie A. Monroe
October 2003

HEMI-LYNC

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patients. On May 23, Richard and Judy also made a presentation on Hemi-Sync at a regional gathering for occupational therapists. The executive officer of the Pennsylvania Occupational Therapy Association, District I, wrote to Richard: "Your outcome results with long-term chronic clients are quite remarkable. I sincerely hope that you and your staff are able to pursue this treatment intervention further and ultimately are able to publish your work." Richard is currently preparing a proposal for Hemi-Sync research at South Mountain.



(MC²)

Continued from page 3

consciousness. Within us, I believe, we each hold the key to participating fully in the design and creation of our existence. Playing around with PK has reminded me of this truth: we are cocreators.

Postscript: Imagine me, a week after returning home and back in the flow of living. I'm engaged in a quick game of "Clue" with my ten-year-old son, Sean. We are toward the end of the game. We both know the culprit, weapon, and room, but we have to move our tokens to the farthest corner of the board to reach the correct room first. We're racing with each roll of the die. Sean already has the lead, and I'm rolling low. Then it hits! I hear within, "Use what you know!" Ah, ha! Now my sixes come, one after the other. Sean catches on and exclaims, "Hey! You're cheating. You're using the power!" I grin and say in a certain voice, "Using what you know isn't cheating."

[Note: The purpose of MC² PK tasks is to empower and confirm the belief-set and energy needed to manifest or create what one desires in all areas of life. MC² is open to all who have attended the GATEWAY VOYAGE. Joe Gallenberger is also the originator of Vegas Adventures and the SyncCreation Home Study Manifestation Course. For more information visit <http://www.RainbowVentures.net>]



Editors: Shirley Bliley, Ann Vaughan
Layout and Design: Grafton Blankinship
TMI FOCUS is published by The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-2317. Telephone (434) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership rates from \$50 to \$150 per year.
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